

Reflective diary

The reflective diary is used to write up events and experiences on a daily basis. It serves as a reminder and a chance to sort out all impressions, and is also a good subject to discuss around during the evenings of the mobility/placement.

Helpful questions are:

- Please describe your activities today
- Please describe the issues you discussed today at the work place
- Please describe people you were with at the work place today
- Please describe two positive events that happened today
- Please describe two negative events that happened today